

# The Human Touch

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**And More!**

## Director's Message

This month has been one for traveling around the state and watching what we do best - excellent work with clients and the community. I loved attending an Immersion meeting in Roosevelt where DCFS caseworkers told their stories to community leaders. What an outstanding group of caseworkers! We were fortunate to have school officials, mental health counselors, family support staff, law enforcement and many others spend the day with us. DCFS was able to hear how well the partnership is working; the feedback was very positive. Thanks to the Eastern region for all their support.

Another great chance to see our employees in action was the JJS statewide conference, where I met some of the best and brightest. At the conference, JJS honors their best employees from each of their locations across the State. One of my favorite things is to hear the descriptions of their accomplishments. These are some of the most challenging jobs in state government and yet our employees are truly changing lives, one kid at a time. I was particularly moved by the workers who go above and beyond their daily duties. Good work!

I also enjoyed visiting with the DSPD support coordinators at their statewide conference. As you have probably heard, DSPD director, George Kelner, retired after 28 years of service and a great record of accomplishment. Governor Huntsman and I honored George at a party on April 10th. Following the party, I met with the support coordinators to make sure they knew there would be no loss of momentum or change in strategy. We will work hard to continue all the good things George had underway. Things like progress on the waiting list, innovative pilots, help for providers and recognition for employ-



Lisa-Michele Church  
Executive Director

ees will continue under Acting Director, Georgia Baddley, and her team. I really appreciate all the commitment to excellence by the support coordinators! It is this work at the individual level that makes a difference to clients.

Finally, I would like to say a few words to employees in general. I heard a great presentation by Tom Tyler at the JJS conference that really struck me. His research shows that government authorities, such as ours, are judged by two things in the public mind: the fairness of their procedures and the motives of their staff. Let's think about that. How well do we follow our own policies, thereby demonstrating fairness? How well do we exhibit professionalism, thereby demonstrating our motives are unimpeachable? I think it is most critical in DHS, where our gut feelings and good intentions sometimes get the best of us, to remember these two factors. You are part of a large government system in everything you do. This is an important responsibility. Please think about this as you go about doing all the good things I see every day. Happy spring!



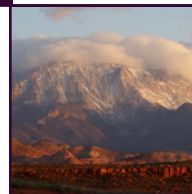
## Arbor Day

In 1872, J. Sterling Morton of Nebraska founded Arbor Day, a special day dedicated to tree planting and increasing awareness of the importance of trees. Nearly 100 years later, in 1970, President Richard Nixon proclaimed the last Friday in April as National Arbor Day.

Arbor Day is a great day to inspect the trees on your property, consider planting new trees to provide wind or heat protection and enhance the beauty of public areas in your community.

To learn more about Utah trees, go to

<http://extension.usu.edu/forestry/utahforests.htm>



## Girl Power

*By Kamie W., Mental Health Art Contest 1st Place Winner*

Girl Power is what all the girls need to survive in this ruthless world these days.

I mean I've seen girls that are being molested or beaten by their boyfriend and yet they stay there because they say sorry.

Well in my book sorry is not enough. This is just the beginning of the cycle that never stops and you never get out until one day you may end up dead.

So this picture means a lot to me because I've been in one of those relationships but I got out before it got too bad and I want others to be the same way.

So, please, if you're being abused in your relationship let someone know and get out while you still can.

Hi, my name is Kamie. I'm 19 years old and I've been through sexual, verbal, emotional and physical abuse my whole life and not only from my boyfriends.

So if you need someone, call a friend. If he restricts you from using a phone, go to a neighbor's home. If he causes you any pain, call 911.

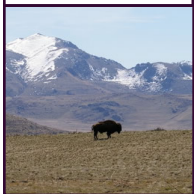
NO MATTER what he says after he does it, don't go back to him.



Girl Power - Kamie W.

Limited copies of this and other prints from the Mental Health Art Contest are available for purchase. For print, price and purchase information go to:

[http://www.hsemployees.utah.gov/mh\\_art\\_sale.html](http://www.hsemployees.utah.gov/mh_art_sale.html)



## Your Health - Strength Training 101

Strength training, weightlifting, and resistance exercise are all terms used to describe ways to improve muscular fitness. Many exercises can be used to improve strength; including traditional weightlifting using barbells, exercises like push-ups that do not require equipment, and strengthening exercises that use resistance bands. In each of these examples, you are causing the muscle to work against a resistance that will lead to muscular adjustment and increases in strength. In the past, strength training was common mainly among athletes and bodybuilders. However, the value of strength training is now recognized for almost everyone, and benefits go well beyond increasing strength.

### Benefits of Strength Training

- Develop strong bones - By stressing your bones, strength training increases bone density and reduces the risk of osteoporosis.
- Control your body fat - Muscle is a metabolically active tissue; a person with more muscle will have a higher metabolic rate, helping to control weight.
- Reduce your risk of injury - Building muscle protects your joints from injury. It also helps you maintain flexibility and balance — and remain independent as you age.
- Boost your stamina - As you grow stronger, you won't fatigue as easily.
- Improve your sense of well-being - Strength training can boost your self-confidence, improve your body image and reduce the risk of depression.
- Get a better night's sleep – Those who regularly strength train are less likely to struggle with insomnia.

### Basic Strength Program

The American College of Sports Medicine (ACSM) recommends that adults engage in muscle-building exercises on at least two nonconsecutive days each week. Before beginning your strengthening session, a light warm up is recommended. Taking time to warm up lowers your chance of injuries and improves your muscles' ability to perform the exercises. During the session, you should perform 8 to 10 exercises in some combination of upper body, lower body, and core (abdomen and back) activities. The number of repetitions you do with each exercise depends on your goals:

- Standard recommendation: 8 to 12 repetitions
- To increase strength: use more weight, do fewer repetitions
- To increase muscular endurance: use less weight, do more repetitions

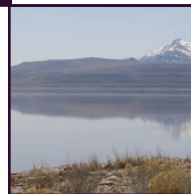
So start this week! Include some type of strength training in your weekly exercise program; even if you can only fit in one strength training session, you'll be on your way to a healthier you.

For more information about strength training visit:

[http://www.checkyourhealth.org/pa/pa\\_weights.htm](http://www.checkyourhealth.org/pa/pa_weights.htm)







## National Child Abuse Prevention Month

*Submitted by Liz Sollis, Executive Director's Office*

April is National Child Abuse Prevention Month, a month dedicated to raising community awareness and providing education about child abuse and neglect. Last year, the most common complaints to Utah Division of Child and Family Services involved physical abuse, domestic violence and sexual abuse. Community awareness and involvement is essential to preventing child abuse in Utah.

This year, Monique Mackay and Ruben Carter, Child and Family Services employees, participated in a child abuse prevention awareness and safety fair with South Jordan Police Department and other community partners, to include Family Support Center, Children

at Risk, Children's Justice Center, Salt Lake County Youth Services, South Valley Sanctuary and KinderVision – The National Child Safety Education Program. Several families attended the fair and took advantage of the various resource tables/information and free child ID Kits.

I had the privilege of working with Monique and Ruben at the fair and, in doing so, learned of their passion for and dedication to protecting children and families. Below are some interesting bits of information about each of them, including why they came to work for Child and Family Services and what they like most about their jobs:

### Ruben Carter

Permanency Caseworker

Length of Employment: 18 months

Why DCFS?: I had experience in mental health case management, domestic violence advocacy, job coaching, and applied behavior analysis for autism treatment. I ended up in Utah as a fluke and got a really good job (CPS).

Favorite Part of the Job: The flexibility and unpredictability of the job. Every day you go to work and you have no idea what is going to happen. I like that.



### Monique Mackay

CPS Investigator

Length of Employment: 18 months

Why DCFS?: I had worked in law enforcement (West Valley City and Sandy City Police Department) for 15 years and decided I wanted to protect children and actually see it all the way through.

Favorite Part of the Job: Seeing clients succeed, this can be measured by drug-free, healthy lifestyles, and, subsequently, protection of their kids.

## A Safe Birthday

*Submitted by Charri Brummer, Division of Child and Family Services*

Last month two DCFS workers were exposed to methamphetamine while removing children from a drug endangered environment. As one of the workers, Levi, was transporting the kids to Christmas Box House he learned it was the little girl's birthday. Levi, though experiencing exposure symptoms, realized the importance of recognizing the little girl's birthday and phoned ahead

to arrange a party for her. As the little girl and her siblings walked through the door of Christmas Box House, staff excitedly asked her, "So, who is the birthday girl?" and welcomed her with a cake, balloons and party.

Levi's thoughtfulness and compassion for kids allowed this little girl to have both a safe and happy birthday. Thanks Levi!

## Over 100 Community Partners “Immerse” Themselves

*Submitted by Katy Larsen, Division of Child and Family Services*

**Roosevelt** – Two years ago Lisa-Michele Church, DHS Executive Director, began holding “Immersion” experiences to provide an opportunity for professionals to more fully understand the practice, operations, decision-making and responsibilities of the Division of Child and Family Services (DCFS).

Since the first Immersion, held in Salt Lake County in March 2006, DCFS regions have embraced the concept and have held multiple workshops across the State. The most recent Immersion, held on Friday, April 11th in Roosevelt, was attended by foster parents, tribal representatives, local media, education, law enforcement, victim advocacy, disability services, treatment and juvenile services professionals from Roosevelt and Vernal. Community partners are essential as we work with children and families to build support systems that will endure beyond

our involvement. The compassion the community partners have for children and families is evidenced by their participation in the event.

One of the most compelling elements of the Immersion is the consumer panel. Panelists are local community members who previously received services from DCFS. In sharing their stories, they all mentioned how angry and threatened they were by the initial DCFS intervention. In the end though, they all complimented the work of their caseworkers and thanked them for providing support as they made changes and their families became safe and healthy. One of the panelists remarked, “They saved me from making more bad decisions.”

If you are interested in scheduling an Immersion in your area, contact Katy Larsen, [katylarsen@utah.gov](mailto:katylarsen@utah.gov), 801-538-3948.



## Vicarious Vacations

Each month I send the newsletter email to all DHS employees and, each month, I receive multiple automated replies advising me people are out of the office. As a regular 'vacationer', my curiosity got the best of me and I had to ask, "Where did you go? What did you do?" A couple of staff shared their stories and, as a result, we now get to go on a vicarious vacation.....or two.

### Holland, Netherlands

Daniel J. Musto

State Ombudsman

Division of Aging and Adult Services

Travel Date: January & February

I have been to many countries on vacation and I always find myself drawn back to the Netherlands. Holland is a region in the central-western part of the Netherlands with a population of 6.1 million people. Effective state intervention in urban development has limited the growth into an enormous urban sprawl: most of the province is still surprisingly rural, though featuring highly intensive agriculture, such as the famous tulip fields and many greenhouse areas.

Holland is one of my favorite places to vacation for many reasons that include a variety of cultures, friendly people, clean streets, and an overall welcoming feeling. While there you can keep busy with many things. Some of my favorite museums include the Van Gough Museum, which features the largest collection of works of the Dutch painter Vincent van Gogh, and his contemporaries, the Rijks Museum, which features a magnificent selection of Dutch paintings from the Golden Age, and the Anne Frank House which is a museum dedicated to Jewish wartime diarist Anne Frank, who hid from Nazi persecution. These museums provide a very surreal and moving experience. Last but not least, one of my favorite things to do while in Holland is to eat the food. Due to the mix of many cultures you can enjoy food from all around the world in one location. Just don't expect to come back and fit in your work clothes! Overall, you can't go wrong taking a vacation to the Netherlands.

### Moab, Utah

Cindy Clayburn

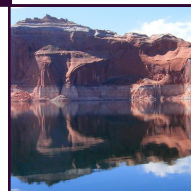
Senior Counselor for Home Detention

Juvenile Justice Services, Davis Area Youth Center

Travel Date: March

We go to Moab for the Easter Jeep Safari. It's amazingly beautiful there.

While there, we like to do nothing but eat, sleep, and ride trails like Poison Spider, Steel Bender, and Hell's Revenge

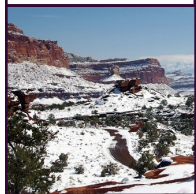


**Vacations From Holland...**

**...To Moab!**







## George Kelner Retires

George Kelner, Director of Division of Services for People with Disabilities, retired this April after almost 29 years with the government. Below are some comments from some of his staff:

### From Georgia Baddley, Acting Director

George's biggest contribution has to have been with DSPD. He stepped in as director during a challenging time and skillfully restored credibility with the legislature, department leadership, division employees, providers, the people we serve and their families, and advocates. He left big shoes to fill, but at the same time a solid foundation and direction for the division.

### From Susan Macnamara, Southern Region Director

I met George when I first started working at DSPD. I was a bit of an anomaly for the Division because I had never worked in state government before and my training and background were in rehabilitation and brain injury. I can only imagine what his thoughts and feelings were when presented with the challenge of training such a complete beginner. As if he didn't have enough to do already! Over the years I have come to appreciate George's calm and steady leadership of the Division. In a setting where people are very quick to call a crisis he has taken the time to investigate carefully what exactly the issues are before taking action. We've been through some tough times together and I have appreciated his guidance through the maze of state policy. I wish him the very best as he moves into the next stage of his career: retirement!

### From Melody Morgan, Central Region Director

George skillfully brought credibility and accountability to our division during a very difficult time. He did this by motivating employees with his work ethic and leadership ability. He has done an excellent job working with the legislature and succeeded in getting pilots to help address our growing waiting list problem. George has a way of making someone feel important and at ease when you are around him. He is a true gentleman. His passion for making the lives of the individuals we serve full and worthwhile is evident the minute you meet him. Because of George the world is a little better place. Congratulations George, your influence and contribution will be greatly missed!

### From John Schoenfeld, Northern Region Director

When I think about George, I think about some of the highlights of our years together...

I have fond memories of our lunches at Dee's (before they closed it down, of course!). I appreciated how George always handled the Eligibil-

ity Committee. He was memorable as a subject matter expert in administrative hearings and was always available for calls of any kind, problem or good news. George was always curious about all the division business...I guess you could call him, "Curious George". He is always compassionate and caring to the individuals that we serve. Good luck in your retirement George, may you relax and enjoy your well earned time with your family and friends.

### From Clair Abee, Financial Audit

George is quick and understanding, and knowledgeable, and decisive, and understands our business. Thanks for your years of faithful service and for the leadership you have given. I also want to thank you for the support you have given me in my work here.

### From the Board Members of Division of Services for People with Disabilities

As you are leaving to experience new life adventures, we want to express our appreciation to you for the leadership you have provided the Division of Services for People with Disabilities. It has been our privilege to work closely with you to find strategies that will truly make a difference to the individuals and families in our state who daily meet the challenges posed by disabilities.

Your management abilities have set the division on a positive course with many indicators that showcase a fiscally healthy, responsive and progressive unit of state government. We have appreciated your leadership in identifying opportunities to tackle the waiting list with innovative strategies that have proven to be invaluable new tools to address the needs of individuals with disabilities. Your advocacy has bolstered the disabled population with new resources. Many individuals and their families have been shored up and have received the vital services that are important to their ability to lead productive, happy lives.

You have been an administrator whose hallmark has been service, respect for the individual, with great regard for Utah families who are working hard to stay strong. Your insights and willingness to think outside the box have allowed our board to consider innovative policy recommendations. We are pleased with the positive results to these adjustments in policy and additional funding that have come forward under your watch.

We wish you well as you conclude your service to the division. We have not doubt that you will have many new life experiences that will continue to enrich your life. Again, we thank you for your leadership.

## Want Your Kids to Stay Drug Free? Disapprove

*Submitted by Craig PoVey, Division of Substance Abuse and Mental Health*

According to a recent survey conducted by R&R Partners, almost 59 percent of Utah parents are unaware that sixth graders are drinking. In addition, 31 percent of kids who said they had been drunk last year have parents who believed their children were non-drinkers.

Underage drinking continues to be a leading public health problem in Utah. As part of a national effort to help communities stop underage drinking, a series of Town Hall Meetings were scheduled across the state, during the months of March through May – a critical time to focus on the problem as many Utah teens engage in spring break vacations, proms and graduation parties during these months.

Parents are encouraged to attend these meetings and help set clear rules and expectations throughout their neighborhoods and communities. "We let parents know that if a child gets through age 21 without smoking, abusing alcohol or using illegal drugs then he/she will probably never use those substances," said Ben Reaves Division of Substance Abuse and Mental Health Prevention Program Manager. Parental disapproval is the #1 reason kids don't drink, thus, the most important change that needs to be made is in our own attitudes about underage drinking.

Cedar City was the first city to hold a town hall meeting and set a high standard by attracting over 900 participants. In Ogden, town hall organizers joined forces with local business and held the meeting in the new "Solomon Center" to help attract participants. Utah County utilized their local Youth Leadership group to deliver the message and provide information to parents, while Green River engaged Bikers Against Child



### Upcoming Town Hall Meetings:

**Mt. Pleasant**  
**Monday, May 05, 2008**  
**6:30 p.m. – 8:00 p.m.**  
**North San Pete High School**  
**390 East 700 South**  
**Jolene, (435) 283-4065**

**Gunnison**  
**Monday, May 12, 2008**  
**6:30 p.m. – 8:30 p.m.**  
**Gunnison Valley high School**  
**35 East 600 South**  
**Fawntell Mogle, (435) 528-7253**

Abuse (BACA) to help convey the no underage drinking message.

Brigham City found success in using local businesses, representatives from city government, and youth to provide a wealth of information about how their city could combat the illegal alcohol use. The Salt Lake City Mayor's Coalition on Substance Abuse collaborated with the schools, using the Prevention Dimensions substance abuse prevention program, and provided a concert where elementary school students sang about the benefits of staying healthy and avoiding underage drinking.

For more information on eliminating underage drinking in Utah and a list of past and upcoming town hall meetings, go to <http://parentsempowered.org/>

To schedule a town hall meeting contact Craig PoVey, 801-538-4354, [clpovey@utah.gov](mailto:clpovey@utah.gov)



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## Repetitive Behaviors. Temper Tantrums. Non-Verbal.

*Robin was overwhelmed and needed help fast.*

John and Robin Kirton of Murray have six beautiful children, ages 3 to 14. Each child is unique in their own way and each is diagnosed with an autism spectrum disorder.

Life isn't easy when you are a family of eight, living in a three-bedroom house with only one income. It is even harder when all six of your children have a developmental disorder.

In 2006 Robin expressed her stress and frustration to a social worker. A Child and Family Services worker was called out to meet with Robin and assess her family's situation.

The Kirton's children were removed from the home until Robin was able to get into counseling and establish a support system for those times when John couldn't be there to help.

"Looking back, I see it was a mixed blessing," says Robin. "We learned about programs and benefits that we didn't even know existed. Plus, I've got the support I need to make it through."

John agrees. "If it weren't for our involvement with Child and Family Services our kids wouldn't have the help they so needed."

April is National Autism Awareness Month.

For more information about autism in Utah visit <http://health.utah.gov/autism>

## Training Tidbits

Proper training is essential to best serving our consumers. Below are just a few of the upcoming training opportunities supported by the department:

### 21st Annual Crime Victims' Conference

"The Will to Survive. The Courage to Move Forward."

April 24-25, 2008

Salt Lake Community College –  
Miller Campus  
Sandy, Utah

For additional/registration information contact Jennifer Menteer, 801-238-2360, 1-800-621-7444, [jmenteer@utah.gov](mailto:jmenteer@utah.gov) or visit their website, [www.crimevictim.utah.gov](http://www.crimevictim.utah.gov).

### 9th Annual Southern Utah Autism Conference

April 25-26, 2008

Canyon View High School  
Cedar City, Utah

For additional/registration information contact Sarah, (435) 586-2865.

### Utah Correctional Association's Annual Spring Conference

April 27-30, 2008

Holiday Inn Conference Center  
St. George, Utah

For additional/registration information contact Holly Jenkins, 801-627-0322 ext 208, [hjenkins@utah.gov](mailto:hjenkins@utah.gov).

### Bridges Out of Poverty

May 6, 2008

Salt Lake Community College –  
Miller Campus Auditorium  
Sandy, Utah

For additional information contact Sheryl Featherstone, 801-538-8722, [sfeatherstone@utah.gov](mailto:sfeatherstone@utah.gov). To register go to: <https://www.regonline.com/builder/site/Default.aspx?eventid=194711>

### Bridges Out of Poverty

May 7, 2008

Snowbird Resort  
Snowbird, Utah

For additional information contact Alexandra Urban, 801-265-7589, [troubledyouthreg@hotmail.com](mailto:troubledyouthreg@hotmail.com). For REGISTRATION go to: [http://www.troubledyouthconference.com/forms/2008\\_intensive\\_training.pdf](http://www.troubledyouthconference.com/forms/2008_intensive_training.pdf)

Tell me, and  
I'll forget.

Show me,  
and I may  
remember.

Involve  
me, and I'll  
understand.

- Chinese  
Proverb

## HELP WANTED

Are you aware of a training or conference that we don't have listed in the Human Touch or online?

If so, please notify Elizabeth Sollis, [esollis@utah.gov](mailto:esollis@utah.gov), 801-538-4275.

You may also submit events online on the department training calendars, [www.hstraining.utah.gov](http://www.hstraining.utah.gov).

### 29th Annual Conference of Agencies and Organizations Serving Troubled Youth

May 8-9, 2008

Snowbird Resort  
Snowbird, Utah

For additional information contact Alexandra Urban, 801-265-7589, [troubledyouthreg@hotmail.com](mailto:troubledyouthreg@hotmail.com) or visit <http://www.troubledyouthconference.com/>

### 24th Summer Institute in the Human Services

June 2-13, 2008

University of Utah, College of Social Work  
Salt Lake City, Utah

For more information or to register online, go to [www.socwk.utah.edu/pace](http://www.socwk.utah.edu/pace).

### 24th Summer Institute in the Human Services – Motivational Interviewing

June 16-20, 2008

University of Utah, College of Social Work  
Salt Lake City, Utah

For more information or to register online, go to [www.socwk.utah.edu/pace](http://www.socwk.utah.edu/pace).

### 57th Annual School on Alcoholism and Other Drug Dependencies

June 16-20, 2008

University of Utah, College of Social Work  
Salt Lake City, Utah

For more information or to register go to [www.uuhsc.utah.edu/uas](http://www.uuhsc.utah.edu/uas), or contact Sue Langston, 801-538-4343,